

Monday	Tuesday	Wednesday	Thursday	Friday
<div>DECEMBER 2010</div>				
		8:00 Preventive Health 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:00 Talk: "Depression" -Dining Room 11:45 Lunch 12:30 Mexican Train Dominos-Room 10 12:45 Bingo Palm Springs Follies	7:30 Chess-Room 10 8:30 Safety Driving Class-Room 3-4 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3-4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room A/B 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-East/West Room 8:30 Safety Driving Class-Room 3-4 9:00 Yarn Spinners-Room 1 9:15 Movie: "How the Grinch Stole Christmas" 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 10:00 Legal Aid-by appointment 11:30 Podiatrist-by appointment 11:45 Lunch
Holiday Craft Fair in Lobby 9:00 a.m.-1:00 p.m. through December 3rd				
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Adult Fitness-Room A/B 10:00 Mah Jongg-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	7:30 Chess Club-Room 1 8:30 ESL-Room B 8:30 Mary Kay Makeovers-Room 5 8:45 Balance & Mobility-Room 3/4 9:30 Stretch and Flex-East/West Room 10:00 Adult Fitness-Room 3/4 10:00 Manicures & Haircuts-West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	8:00 Commodities-Room 5 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:45 Lunch 12:30 Bunco-Room 10-11 12:45 Bingo	7:30 Chess-Room 10 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3-4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 10:30 "Another Fabulous Musical Review"-D/R 11:45 Birthday Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room A/B 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "The Shop Around The Corner" 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:30 Lunch <div>Open 8:00 AM-1:00 PM</div>
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Hi-Cap-by appointment 10:00 Adult Fitness-Room A/B 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Intro to Dance Aerobics-East/West Room	7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:30 Stretch and Flex-East Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	8:00 Preventive Health 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:00 Holiday Party-East/West Room 12:30 Diabetes Support Group-Room 3-4 12:30 Mexican Train Dominos-Room 10 12:45 Bingo	7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility -Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East /West Room	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie:"Four Christmases" 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:45 Lunch
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Healthy Living Support Group-Room 10 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 10:00 Attorney-by appointment 11:45 Lunch	9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10-11 12:45 Bingo	7:30 Chess-Room 5 9:00 Crafts-Room 1 9:00 Longevity Stick 11:45 Lunch 12:15 Bridge-Room 10 NO BLOOD PRESSURE TODAY	<div>CLOSED</div>
27	28	Happy Holidays! 29	30	31
<div>CLOSED FOR CHRISTMAS BREAK</div>				
We re-open January 3rd				